

# Advocacy





Our aim here at Age UK Tunbridge Wells is to improve later life for everyone and to make it a fulfilling and enjoyable experience, by offering a range of services to older people in the community, including, among others, our Advocacy service.

## **Advocacy service**

Sometimes in life, we need support to do the things we want to do because it can be difficult to do them alone, especially in situations where we may need to challenge others. Our Advocacy service is designed to help you express your wishes. It may be in a simple situation – for example, to challenge a utility bill – or far more complex, such as feeling unhappy because of those around you. You may find yourself being written off as ‘too old’ or ‘a bit confused’ and stopped from making your own decisions.

Others around you may even start deciding what should happen in your best interests. These people may be family members, doctors and nurses, solicitors or social workers. It's tough to make a stand or to disagree, especially when they are only trying to help. However, we all have the right to make choices in life, no matter who we are or how unconventional or irrational these choices may seem to others. Although it's not always possible to do everything we want or to have everything our way, if we're able to express how we feel and have sufficient understanding of a situation, it's often far easier to compromise or accept limitations.

Please get in touch if you, or someone you know, needs an advocate. Having the support of someone who is on your side can make all the difference. Our advocates are not here to judge you or tell you what you should do. They are here to listen to your wishes and ensure that others do the same.



For further details about Advocacy or any of the other services we provide, please contact us using the details below.

## **Our other services**

- Befriending & LGBTQ+ Befriending
- Cognitive Stimulation Therapy
- Computer Tuition
- Chiropody/Podiatry Clinics
- Day Care Services
- Dementia Day Care Services
- Form Filling
- Hairdressing
- Home Bathing
- Independent Living Support
- Information and Advice

Contact us to find out how we can help:

**01892 522591**

### **Age UK Tunbridge Wells**

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